



Advanced Care

PHYSICAL THERAPY, AQUATIC & FITNESS CENTER

Personal care that gets you results.

716-282-2888
 Aquatic & Fitness Center
 924 Main St
 Niagara Falls, NY 14301

DECEMBER - 09 GROUP FITNESS SCHEDULE

Effective 12/01/09

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 – 11:00am \$ Aqua Conditioning Jean	2 5:30 – 6:30pm \$ Aqua Conditioning Courtney	3 10:00 – 11:00am \$ Aqua Conditioning Jean	4	5
7 5:30 – 6:30pm \$ Aqua Conditioning Courtney	8 9:00 - 9:30am Total Abs FREE Jean 10:00 – 11:00am \$ Aqua Conditioning Jean 12:15 – 12:45pm Abs Kinesis FREE Jean	09 5:30 – 6:30pm \$ Aqua Conditioning Courtney	10 9:00 – 9:30am Total Abs FREE Jean 10:00 – 11:00am \$ Aqua Conditioning Jean 12:15 – 12:45pm Abs Kinesis FREE Jean	11	12
14 5:30 – 6:30pm \$ Aqua Conditioning Courtney	15 9:00 - 9:30am Total Abs FREE Jean 10:00 – 11:00am \$ Aqua Conditioning Jean 12:15 – 12:45pm Abs Kinesis FREE Jean	16 5:30 – 6:30pm \$ Aqua Conditioning Courtney	17 9:00 – 9:30am Total Abs FREE Jean 10:00 – 11:00am \$ Aqua Conditioning Jean 12:15 – 12:45pm Abs Kinesis FREE Jean	18	19
21 5:30 – 6:30pm \$ Aqua Conditioning Courtney	22 9:00 - 9:30am Total Abs FREE Jean 10:00 – 11:00am \$ Aqua Conditioning Jean 12:15 – 12:45pm Abs Kinesis FREE Jean	23 5:30 – 6:30pm \$ Aqua Conditioning Courtney	24 9:00 - 9:30am Total Abs FREE Jean 10:00 – 11:00am \$ Aqua Conditioning Jean 12:15 – 12:45pm Abs Kinesis FREE Jean	25 CLOSED	26
28 5:30 – 6:30pm \$ Aqua Conditioning Courtney	29 9:00 - 9:30am Total Abs FREE Jean 10:00 – 11:00am \$ Aqua Conditioning	30 5:30 – 6:30pm \$ Aqua Conditioning Courtney	31 9:00 - 9:30am Total Abs FREE Jean 10:00 – 11:00am \$ Aqua Conditioning		

*** **FREE** Classes - Total Abs & Abs Kinesis Class ***

\$ **Fee Based** - Aqua Conditioning -

\$5 per class Walk-In Rate *** Buy 4 or more classes in advance at \$3.75 per class ***